

The English - Physicians dayly Practise.

O R,

Culpeper's Faithful PHYSITIAN.

Teaching every Man and Woman to be their own

DOCTOR.

In this Book is set forth near 40 most choice, Excellent, and approved Receipts in Physick and Chyrurgery, for the rooting out, and Curing most Diseases; with easie Directions for making divers Salves. Oyntments, Sear-cloths, and Plaisters, for divers Ma- ladies, being a Salve for every Sore: and that at an easy Rate.

To which is added, Mr. Culpepper's New, Excellent, and very useful Herbal; be- ing the Rare Vertues of XI. Herbs and Plants, growing in most Gardens in England; on which Herbs is framed near one hundred Medicines, for curing most Diseases in Men, Women and chil- dren; a great many of them but at a penny or two pence charge; being good Tidings to the sick and Lane, and all others that would preserve their bodies in Health, By Dr. Nich. Culpepper, and Dr. Pontcus. The like not hitherto Printed. Licensed and Entred according to Order.

A Table of some Principal things in this little Book.

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Culpeppers Faithful Physitian.

1. A most excellent Remedy for the Rheum in the Eyes, which I have often experienced, and cured those that have been almost blind. Faithfully Discove. ed.

Take Roch Allom and burn it, and then beat it to fine powder, and take of it as much as will cover a six pence, and mingle it with a Spoonful of Virgins Honey, and drop one or two drops into each Eye every night when you go to Bed, and you will soon find help, to Admiration. This Receipt I have often tryed, and Experienced to be true, as it is here laid down.

2. An excellent and approved Remedy for the Stone, often tryed.

Take of Bromell-seeds, and Bur-dock seeds, and beat them to powder, and sift them in a fine sieve, and take half a Spoonful of them and steep it in two penny worth of White wine, and drink it blood warm, and sweat after it, and you will find it an excellent Remedy to dissolve the Stone, in Men, Women, and Children. Often tryed by Doctor King.

3. Also two drams of this seed, mixed with Womans breast-milk, is effectual to cause speedy delivery in Women that have sore pains in Trabel, and cannot be delivered.

4. An excellent Medicine for the Palsie.

Take two handfuls of Lavender, and boyl it in a gallon of Spring water, and strain it; and drink half a pint dayly, for a fortnight together, and it will cure you. Often proved.

5.

Also the distilled Water of Elder leaves is a most excellent Remedy, washing your hands therewith. It is also an excellent Remedy for sore eyes that are blood-shot washed with the said water.

6. Another excellent Remedy for sore Eyes.

Take the white of an Egg and beat it, and take a little Flax and dip in it, & lay it upon the Eye, and it will cure you. Often proved.

7. For the Falling sickness.

Take Mistleto, and make it into a powder, and give it in drink to those that have the Falling sickness, and it will assuredly heal them, under God.

8. For Deafness, an approved Receipt.

Take Garden Peasie-Roots, and make a Juice thereof; lay your head low upon a bolster, and drop three or four drops thereof in the better Ear, this do for two or three dayes together, once a day.

9. For the Dropsie, an excellent Receipt.

Take balm-water distilled in May, and drink a good draught every morning.

10. A Medicine for asorebreast.

Take two handful of Mallows, and boyl them in fair running water till it be soft.

Take it up and bruise it, and so apply it to the breast.

11. To make the Hair grow.

Take your Head with Sack, and anoint it with Bears-grease.

12. An easie cure for the Flux.

Take a piece of Raw beef, and scrape thereon a little Chalk, and lay to the soel, and keep it on all night and you will find ease.

13. For an Ague.

Take an handful of Germander, stamp and strain it, and put into it a Spoonful of Beer, and half a Spoonful of gross Pepper, and warm the same by the fire, and drink it in the morning fasting.

14. For the Piles.

Take a quantity of Hogs-grease, and a little Herdigrease made in powder, & mix them well together, and anoint the place therewith, once in 24 Hours.

15. For a Scald.

Take an Onion and cut it, and wring out the Juice upon the scald place night and morning, till it be well. Approved.

16. For the Tooth-Ach.

Take twenty leaves of Ivy, and a little long Pepper, and boyl them in old Wine, and put the Liquor when it is well boyled into the mouth on that side that is pained, and you will find ease.

17. An Ointment for an Ach coming of cold.

Take four ounces of Oyl of Roses, and an ounce of Brimstone, an ounce and half Sack, boyl all these together till the Wine be consumed, and so use it.

18. An excellent Salve for any swelling, burn, scald, or other Green Wounds.

Take of Bees-wax, Rosin, Red-lead, of each two ounces, with a pint of the best Sallad oyl; boyl all these together about half an hour until you perceibe the colour to look a little darkish, and when it is boyled, put it into cold water, and use it up into a Salve and wrap it in a clean Cloth and put in a box, & so use it.

19. For an old Bruise.

Take Oyl of Turpentine and Aquavite, and warm them, and chase the soze therewith, evening and morning.

20. An excellent Remedy for the Gout.

Take Sage and Rue, and stamp them, and put thereto some Honey, & lay it plaister wise hot to the place grieved, the applying of two ounces of this Plaister will make them whole, and give ease.

21. To kill Corns in the Toes.

Take the Roots of White-Lillies, and boyl them in Winegar, then make it be a Plaister, and lay it on the Corn, and so keep it on three dayes, and it will make the Corn to fall off.

22. For a Kibe.

Take the skin of Hogs-fat, and lay it to the Kibe, and you will find help To all the humour. Take the Oyl of Tobacco and apply it.

23. How to make an excellent Sear-cloath.

Take a pound of new wax, unwrought, a quarter of a pound of Storace, a quarter of a pound of Rosin, two Spoonfulls of Turpentine, half a pound of Lead beat to fine powder, a little Shaps suet, as much Beares suet finely ped; fry all these together with a pint of Oyl, upon a soft fire, till it be some thick, keep it stirring till you take it up, then dip your Cloth in it; and so upon all occasions.

24. For a swell'd Throat.

Take Wheat-flower and fair water, boyl them together to a Boultes, put in a little Hogs-grease, and so apply it warm to the place grieved.

25. How to draw a Thorn out of a Mans hand.

Take Black Soap, or green Wax, Turpentine, Hunny, and Rue, Stamp and make Salbe thereof, and apply it to the grieved place.

26. A Salve for all sores, called the black Plaster.

Take a Bottle of Oyl of Olives, and a quarter of a pound of Red Lead these together, and scum them with a stick continually till it be black, & a little what thick; then take it off the fire, and put in a penny-worth of red wax, half a penny worth of Rosin, seeth them on the fire again, but let it not boyl, stir it and then take it off, and let it stand till it be cold, make it into a ball. It is good for a new wound or old, it stancheth blood. &c.

27. For the Running of the Reins.

Take white Turpentine washed, and make it into Pills, then take Clove and Ginger, and role the Pills in it, & then use them.

28. To stop a Looseness.

Take Merjuice and Pew-Milk, and make a posset thereof, and drink of it, you find help.

29. For a Consumption an Excellent help.

Take a pint of warm water, a pint of Red Cows milk, a pint of Maline Cinamon grossly beaten, a good quantity, and a little Ginger; put them in a Glass till they be settled, then take thereof every morning three Spoonfulls warm, and the like at night.

30. For the Green sickness.

Take a handful of Rosemary, and a handful of Wormewood, an Ounce of Cardus Benedictus seeds, a quarter of an ounce of Cloves, keep all these together in a Pint of White wine 24 hours, whereof drink ten Spoonfulls every morning fasting, & as much an hour before dinner, and walk thereupon till you be well, but take heed of taking cold. *Probatum est.*

31. For the Megrim, or giddiness in the Head.

Take a good handful of Rosemary, heat it between two hot tyles, and put it into a three square bag of Linnen quilted, and lay it warm to the Pape of the Neck; so let it lye day and night without moving.

32. For the Wind cholick in a Childs stomach or Belly.

Take a pint of Ale, and put into it a spoonful of anniseeds, and 3 or 4 sprigs of sweet marjoram, boyl these together, and then strain them, and give it the Child to drink.

33. For the Rickets.

Take the quantity of Ict that will lye upon a Groat, and steep it in a Gl Ez of Sack 2 or 3 hours, then stir it about, and drink it off. An approved Receipt.

35. To bath their weak Limbs.

Take Calves-foot-Oyl, and Muscadine, of each a like quantity mixed, and use it warm twice a day.

36. A choice Medicine for the French Pox.

Take *Lignum-virg*, and boyl a quarter of a pound of it in 3 pints of water till it comes to a quart, & take a little *saffarilla* & *saffraz*: infuse all these in water 12 hours, & then boyl them all together, & drink of this twice a day, & find help.

Dr Culpeppers Herbal. Or the Garden of health.

1. The vertues and uses of Agrimony.

Agrimony is a great strengthener of the Liver. The distilled water is an excellent Remedy for those whose Livers are hurt by heat or cold, as the Liver is the former of blood, so is blood the nourisher of the body; it helps the Jaundies and is beneficial to the bowels, it cleanseth the Breast, & rid's away the Cough; the juice dropped into the Ears, helpeth the foul imposthumes thereof. Outwardly applyed, being stamped with old Hogs-grease, it helps old sores, Ulcers, Cankers; it draweth forth splinters of Wood, Thorns, Nails, or any such thing gotten into the flesh; it strengthens the Members out of joint.

2. Of Bettony.

Many rare cures have been performed by this Herb, by Sir. Len. Phirovan, A. Musa, Physicians to the Emperour. Dr. Culpepper. Take as followeth, it helpeth those that cannot digest their Meat, the Root, Herb, or flower in breth drank, or made into conserve, or Syrup, Water or Powder, is good for the falling sickness, the Palsie, Convulsion; the Powder mixed with Honey is good for all sorts of Coughs, Colds, Shortness of breath: the decoction made with Head & a little pennyroyal is excellent good for all sorts of Agues; taken in Wine is good for worms in Children: the juice of this herb mixed with a little Oyl of Frankincense boyled together, and strained; and when you go to bed anoint all the scabs with it cold; & thou shalt see a most rare cure which I have often proved so that it is rather to be counted a divine Medicine, than a humane so many cures have been performed by it.

3. The excellent Vertues of Elder.

An Eminent Doctor hath wrote a whole book of this Tree. Truly there is many rare Cures to be performed by it? as first, the young leaves, and stalks boyled in fat broth, both much carry forth flegm and choller. The juice of the Root taken,

both

doth provoke Vomit, and purgeth the watry humours of the Dropſie. The Decoction of the Root is good againſt the biting of an Adder, or a Mad-dog. The juice of the Leaves helps hot inflammation of the Eyes; the juice ſnuffed up the Noſtrils, purgeth the Brain. The juice of the Leaves boyled with a little Honey, dropped into the Ears, helpeth the pains of them. The diſtilled water of the flowers is of much uſe, ſo to clear the ſkin of Sun-burn, Freckles, Morpew, & taketh away Head-achs, coming of cold cauſes, the Head being bathed therewith.

4. The Vertues of Oats.

Oats fryed with Bay ſalt, and applyed to the ſides, takes away the pains of ſitches, and wind in the ſides, or Belly. A Poultice of the meal of Oats, and ſome Oyl of Bays put thereto, helpeth the Itch, and Leproſie; as alſo the Fiſtulas of the Fundament, diſſolveth Impoſthumes.

5. The Vertues and uſes of Parſly.

It is very comfortable to the Stomach, helpeth to provoke Urine, and womens Courſes, and breaketh Wind in the Stomach, and Bowels, and opens the body. The ſeed is good to provoke Urine and womens Courſes, to expel wind, break the ſtone, and eaſeth the pains thereof. It is excellent good againſt the Wind: very good againſt the Venome of any poiſonous Creature. The diſtilled water thereof, is good for Purſes to give to Children that are troubled with the wind in Stomach or belly, called the *Frets*. It is good for thoſe that are of riper years.

6. The Vertues and uſes of Houſleck.

It is good to ſtay the deſtillation of Rhume falling upon the Eyes. It ſtops bleeding, both inward and outward. It helps Cankers, and fretting ſores, and Ulcers. It abates the heat of chollick, and prevents Diſeaſes ariſing from thence: it expels Poiſons, reſiſteth Peſtilential Feavers, good for third day Agues, being bruised and applyed to the place. It helps the Kings Evil, and other Knots, or Bumpes, or Piles in the ſkin; it is a very good and harmleſs herb, and many rare cures may be done by it.

7 The excellent Vertues and uſes of Garden Rue.

It is a good Antidote againſt the Plague. The ſeed thereof taken in Wine, is an Antidote againſt deadly Poiſons being often taken in Meate or drink: abateth Menery, being boyled and infuſed in Oyl, is good to help the wind chollick, the hardneſs or windineſs of the Mother: and freeth Women from Stranguy, or ſuffocation thereof, if the lower parts be anointed therewith: It killeth and driveth ſo forth the worms of the belly, if it be drunk after it is boyled in wine, to the half, with a little Honey: It helps the Gout, or pain in the Joynts and Hands, Feet or knees, applyed thereunto: with figs it helpeth the Dropſie, being bathed therewith: It helpeth the ſwellings of the Cords, if they be bathed with decoction of Rue, and Bay leaves: an Oylment made of the juice thereof with Oyl of Roſes, Ceruſes, and a little Vinegar, and anointed, cureth St. *Antonies Fire* and

and all foul sores running Heads, and Ulcers of the Nose, or other parts.

8. The excellent, and Rare Vertues of Garden Sage.

It is good for the Liver, and purifies the blood: the juice of Sage; with a little Salt is good for Women, to keep them from miscarrying, and helpeth them to conceive: a decoction of the leaves and branches of Sage, made and drank, provoketh Urine, bringeth down Womens Courses, helps to expel a dead child. Orphens saith that three Spoonfuls of the juice of Sage with a little Honey, taken fasting doth presently stay the spitting of blood, of them that are Consumptive: the juice of Sage taken in warm water, helpeth a hoarseness and a Cough: Sage taken with Myrrourwood, is good for the bloody flux.

9. The Excellent Vertues, and uses of Marigolds.

They strengthen the heart exceedingly, and are little less effectual in the small Pox, and Measles, than Saffron: the juice of Marigold leaves, mixed with Vinegar and any hot sweating bath with it, allwages all hot swellings: the flowers either green or dyed are of great use in Possets, broths, & drinks, as a great comforter of the heart, and Spirits: and expelleth any malignant, or Pestilential quality that might annoy them: a Plaster made of the dry flowers (Culpepper saith) in Powder, Hoggs-grease, turpentine, & Rosin, applyed to the breast, strengthens & succours the heart exceedingly in Feavers pestilential or not pestilential.

10. The most excellent vertues and uses of *Cardus Benedictus* are these. It is a herb of *Mars* under the Government of *Aries*, it helps (saith Culpepper) swimnings and giddiness of the head, or the Vertigo, it is also an excellent remedy for the Yellow Jaundies, and other infirmities of the Gall; because *Mars* governs choler: it strengthens the attractive faculties in Man, and clarifies the blood, because the one is ruled by *Mars*: the constant drinking the decoction (the meaning of decoction, is to boyl, or seeth the herb) it helps red faces, Letters, and Ring-worms, because *Mars* causeth them: it helps Plague-sores, Boils, & the Itch, the biting of Mad dogs, and venomous beasts, all which infirmities are under *Mars*, this it doth by sympathy: by antipathy to other plants, it cureth the French Pox; by antipathy to *Venus* it strengthens the Memory: and cures deafness by its antipathy to *Saturn*, hath his fall in *Aries* which rules the head: it cures Quartan-Agues, and other Melancholy diseases, it causeth Urine; the stopping of which is caused by *Mars* or the Moon.

11. Pelitory of the Wall, the Vertues.

The juice of it dropped in the Ear, easeth the noises in them, and taketh away pricking and shooting pains therein: the decoction with a little Honey, is a good gargle for a sore throat: it is good mixed with the Oyl of Roses, for scabs and sores in Childrens heads; and stayeth the falling of the Hair: this herb bruised and applyed with a little Salt, to cleanse Fistulaes; it helps any green wound, if

it be bruised, and bound to it but three dayes: the juice clarified, and boyled into a Syrup with honey, and a spoonful of it drunk every morning, by such as are troubled with the Dropſie, if continued that course but once a week, most certainly cures them.

A most choice Remedy for all strains whatsoever, all soreness in the sinews all stiffness in the neck, the Gout, all broken bones, all grief, in the Hoofs of Oxen Bull Cow or Calf.

Take of *Mallows*, *Chick-weed*, & *Calingal*, and boyl them in *Urine*, *Burgany Pitch*, *Tallow* and *Linseed Oyl*, till they be so soft that you may beat them to a salve, which done apply the salve to the grieved place hot either as an *Oyntment* or *Plaster*, this is a present Remedy, and often proved.

A rare Medicine for the Scab or Itch. 2. All Maggots whatever. 3 The worms in the Claw. 4. All wild fire. 5. the turning evil, sheep tagged 6. Sheep belted. 7. the sturdy in sheep.

First, let pour sheep blood in the eye-veins, then take *Tar* and fresh grease of each a like quantity, and mix them well together, with a little brimstone, & the juice of *Cherulle*, bring it to a salve and with the same, (after you have pared, cleansed, and made all the sore place raw) anoint all the grieved places therewith in case of the sturdy, after you have opened the skull and taken out the bladder, plaister the sore therewith, and it is a certain cure.

An approved Medicine for all imposthumes. 2. All Leans or Mislike. 3 All scurf or manginess. 4. Swine that are lugged. 5. All maggots in the Ears in Hogs.

First let the Swine blood in the ears and tail, then if the imposthume be ripe, lance it, and thrust out the filth, then heal the sore with tar and butter mixt together, but if the imposthume be hard, then rub it with wheat meal & salt till it dissolve, but if the infection be Universal, then anoint the swine over with swines grease, brimstone Vinegar. black Soap & honey mixt together. of each a like quantity, having rubbed all the scurf & filth away with a card. A choice Remedy.

A Receipt how to make the Brown Balsom of *Paracelsus*, the very same that *Doctor Pontanus*, *Doctor Lancellus*; *Doctor Salvator Winter*, and all other *Mountebanks* that ever went upon the Sage, sold you.

Take half a pint of *Sallet Oyl*, or *Linseed Oyl*, and half a pound of *Yellow Rosine*, two ounces of *Bees-wax*, an ounce of *Barrel Pitch*, & melt all these things together in a Skillet; when it is melted, take it off from the fire, and stir to it one ounce of *Liquid Storax*, and put that mixture in a pot, and that will be the *True Balsom* that ever I sold in my Life.

J A P A S.